

In The Kitchen

CREATING NUTRITIOUS AND DELICIOUS MEALS AT HOME



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Cooking & Your Health

Eating well is foundational to good health. For the one in three people across Canada who live with diabetes or prediabetes, it's also critical to blood sugar management. Unfortunately, with busy schedules, competing priorities and the increased cost of groceries, our ability to include fresh, home-cooked meals has become more difficult.

That's why Diabetes Canada created **In the Kitchen**, our signature cooking and nutrition series that teaches kitchen skills and brings you healthy, delicious ideas to recreate in your home kitchen.

There are many benefits for individuals who cook healthy meals at home:

- Have healthier overall diets; lower in fat, higher in fibre
- Consume more fruits and vegetables
- Consume less sodium, saturated fat and sugar
- Rely less on fast food and highly processed/ prepared foods
- Tend to have lower blood pressure and improved blood sugar

We are happy to share with you the recipes featured in this year's In the Kitchen series, presented by Manulife.

1. [Health Canada](#)

2. Is cooking at home associated with better diet quality or weight-loss intention? *Public Health Nutrition*, June 2015.

3. Consumption of Meals Prepared at Home and Risk of Type 2 Diabetes: An Analysis of Two Prospective Cohort Studies. *PLOS Medicine*, July 2016.

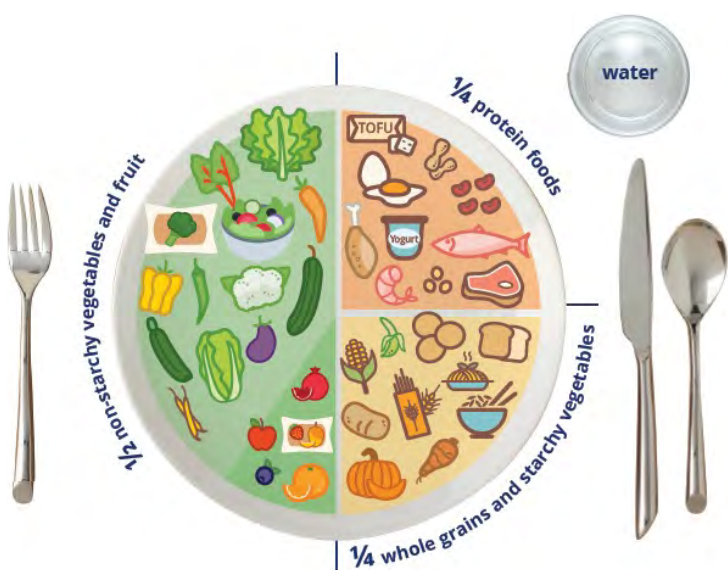
4. Impact of cooking and home food preparation interventions among adults: outcomes and implications for future programs. *Journal of Nutrition Education and Behavior*, July-August 2014.

5. Impact of cooking and home food preparation interventions among adults: A systematic review (2011-2016). *Journal of Nutrition Education and Behavior*, February 2018



Nutrition Basics

The importance of healthy eating is shared by all people living with diabetes. The [Balanced Plate Method](#) follows Canada's Food Guide recommendations with a small tweak for those living with diabetes. A balanced plate, or bowl for that matter, should consist of half non-starchy vegetables, a quarter grains (preferably whole grains), and a quarter lean or plant-based proteins.



This formula allows fibre in abundance, along with protein to help slow the rate that the sugar found in carbohydrates is released into the blood. This helps to prevent blood sugar spikes after meals and helps to manage your blood sugar. Best of all, cultural foods can easily fit into this plate method too!

Fibre & Diabetes

Fibre is a type of carbohydrate that is found in foods that come from plants. It does not get digested or absorbed by the body and therefore it does not increase blood sugar like other forms of carbohydrates.

Learn about your fibre needs & how you can add more to your day.

Protein & Diabetes

Protein is an important part of a healthy diet. Getting enough protein helps build and maintain muscles and helps skin heal. For those living with diabetes, these tasks have increased importance.

Learn more about protein or calculate your needs.



Nutrition Resources

IN PARTNERSHIP WITH



Click on each infographic below to learn more.



Breakfast

Breakfast is an important part of a healthy eating pattern for people living with diabetes. A well-balanced breakfast should aim to include high-fibre carbohydrates, protein and healthy fats.

Reading Labels

Learning to read food and product labels will help you make informed choices. There are several areas of the label that provide key information to help you manage your diabetes.



Healthy Snacks

Snacks can be a part of a healthy diet and have many benefits. Snacks can help keep your energy up and hunger down between mealtimes. They can provide your body with nutrients like protein, fibre, vitamins and minerals. Balanced snacks can help you manage your blood sugar as well.

Supplements & Natural Therapies

Many people living with diabetes use natural therapies or supplements along with prescribed diabetes medication. With the amount of misinformation available, it is important to speak to your healthcare team before starting any supplements or alternative therapies.



Mini Crustless Carrot Quiches

Ingredients

- 1 tsp (5 mL) oil
- ¼ cup (60 mL) sliced green onion
- 1 clove garlic, finely chopped
- 1½ cups (375 mL) grated carrots (about 2)
- 5 eggs
- 1½ cups (375 mL) shredded Swiss or cheddar cheese
- ⅓ cup (80 mL) yellow cornmeal
- 1 tsp (5 mL) dried basil
- ¼ tsp (1 mL) ground nutmeg
- ¼ tsp (1 mL) each salt & pepper

NUTRITION FACTS

Calories	100
Fat	6 g
Saturated Fat	3 g
+ Trans Fat	0.1 g
Carbohydrate	5 g
Fibre	1 g
Sugars	1 g
Protein	7 g
Cholesterol	90 mg
Sodium	110 mg

 COOK TIME: **20 MINUTES**  NET CARBS: **4 G**
 SERVES: **12**  SERVING SIZE: **2 MINI QUICHES (50 G)**



Instructions

1. Preheat oven to 325°F (160°C).
2. Heat the oil in a skillet over medium heat. Add green onion and garlic; cook 1 to 2 minutes, stirring frequently, until tender but not browned. Add carrots; cook until tender crisp, about 2 minutes more. Remove from heat.
3. Whisk eggs in a large bowl. Add cheese, cornmeal, basil, nutmeg, salt and pepper; whisk to combine. Stir in carrot mixture.
4. Spray mini muffin cups with cooking spray. Spoon about 1 Tbsp (15 mL) carrot mixture into each muffin cup. Bake in preheated oven until set, about 15 minutes.
5. Let stand for 2 minutes. Remove quiches from pans. Serve hot.

TIP

If you don't have mini muffin cup pans you can use a regular muffin cup pan. Three 'minis' equals 1 regular-size muffin cup and so this recipe would yield 8 larger-size quiches. Drop about 3 tbsp (45 mL) of batter into greased muffin cup and bake for 20 minutes.



Loaded Greek Hummus Dip

Ingredients

- 3** whole-wheat thin-style pita breads
- 2 Tbsp** (30 mL) olive oil, divided
- 1 tsp** (5 mL) garlic powder (or 1 small fresh clove of garlic, minced)
- 1 Tbsp** (15 mL) dried oregano
- 2 pkg** (227 g each) hummus
- ½ cup** (125 mL) diced cucumber
- ½ cup** (125 mL) quartered cherry tomatoes
- 2 Tbsp** (30 mL) chopped, pitted Kalamata olives
- ¼ cup** (60 mL) chopped fresh parsley
- 2 Tbsp** (30 mL) chopped fresh mint or dill (or both)

NUTRITION FACTS

Calories	250
Fat	16 g
Saturated Fat	2.5 g
+ Trans Fat	0 g
Carbohydrate	21 g
Fibre	6 g
Sugars	1 g
Protein	8 g
Cholesterol	0 mg
Sodium	330 mg

 **COOK TIME: 10 MINUTES**  **NET CARBS: 15 G**
 **SERVES: 8**  **SERVING SIZE: 3 TOPPED PITAS (100 G)**



Instructions

1. Preheat oven to 350°F.
2. Mix olive oil, garlic powder and dried oregano. Brush evenly onto one side of pita bread. Cut each pita into 8 triangles; place on baking sheet and bake for 13 to 15 minutes or until lightly browned, turning halfway. Remove from the oven and set aside.
3. On a large plate or platter, spread hummus in an even layer about 1 cm thick. Top with cucumber, tomatoes and olives. Top with fresh herbs and serve with cooled pita crisps.

TIP

Try drizzling with a little pomegranate molasses or sumac for added flavour. These can be found at grocery stores that carry a variety of Middle Eastern foods.

Party Meatballs with Sweet & Sour Sauce

Ingredients

2 tsp (10 mL) oil
½ cup (125 mL) finely chopped onion
2 cloves garlic, minced
¼ tsp (1 mL) each salt & pepper
½ tsp (2.5 mL) dried thyme
1 tsp (5 mL) Worcestershire sauce
1 lb. (454 g) extra-lean ground beef
¼ cup (60 mL) unseasoned breadcrumbs
¼ cup (60 mL) finely chopped fresh parsley
1 egg, lightly beaten
½ cup (125 mL) orange juice
3 Tbsp (45 mL) reduced-sodium soy sauce
¼ cup (60 mL) ketchup
¼ cup (60 mL) packed brown sugar
2 Tbsp (30 mL) balsamic vinegar
1½ tsp (7.5 mL) cornstarch

NUTRITION FACTS

Calories	110
Fat	4 g
Saturated Fat	1.5 g
+ Trans Fat	0 g
Carbohydrate	11 g
Fibre	0 g
Sugars	8 g
Protein	10 g
Cholesterol	50 mg
Sodium	290 mg

 **COOK TIME: 35 MINUTES**  **NET CARBS: 11 G**
 **SERVES: 12**  **SERVING SIZE: 3 MEATBALLS (70 G)**



Instructions

1. Preheat oven to 350°F.
2. Heat oil in a small nonstick skillet over medium heat. Add onion, garlic, salt, pepper and thyme. Cook stirring often until softened, about 5 minutes. Stir in Worcestershire sauce.
3. Mix beef, breadcrumbs, parsley, and onion mixture. Stir in egg; mix well.
4. Form mixture into 36 one-inch (2.5 cm) balls. Arrange on baking sheet and bake for 25 minutes or until browned and internal temperature of 160°F (71°C) is reached. Transfer to a paper towel-lined plate or cutting board to drain.
5. Mix orange juice, soy sauce, ketchup, brown sugar, vinegar and cornstarch in a medium saucepan until smooth. Bring to a boil over medium heat, stirring constantly, until sauce is thick and smooth, about 5 minutes.
6. Stir in cooked meatballs; cover and simmer for 5 minutes until heated through. Serve with toothpicks for easy pick up.



TIP

This meatball recipe can be made ahead and frozen without the sauce. Simply thaw and reheat to an internal temperature of 160°F (71°C) to add to pasta, soups or any other meal ideas.

THINKBEEF 

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Hoisin Chicken & Peanut Lettuce Cups

Ingredients

- 2 Tbsp** (30 mL) hoisin sauce
- 1½ Tbsp** (22.5 mL) rice wine vinegar
- 1 Tbsp** (15 mL) sesame oil
- ½ lb.** (227 g) boneless skinless chicken breast, cut into bite sized pieces (about ½ inch)
- 2 tsp** (10 mL) minced fresh ginger
- 2** green onions, sliced
- 1** carrot, cut into matchsticks or julienned
- ½** red bell pepper, sliced thinly
- 12** Baby Gem, endive or small Boston Bibb lettuce leaves, washed and dried
- 2 Tbsp** (30 mL) chopped fresh cilantro
- 2 tbsp** (30 mL) chopped roasted, unsalted peanuts

NUTRITION FACTS

Calories	100
Fat	4.5 g
Saturated Fat	0.5 g
+ Trans Fat	0 g
Carbohydrate	6 g
Fibre	1 g
Sugars	3 g
Protein	9 g
Cholesterol	20 mg
Sodium	110 mg

 **COOK TIME: 10 MINUTES**  **NET CARBS: 5 G**
 **SERVES: 6**  **SERVING SIZE: 2 TOPPED LEAVES (85 G)**



Instructions

1. Mix hoisin and vinegar in a small bowl; set aside.
2. Heat oil in a large nonstick pan over medium-high heat. Add chicken; cook, stirring frequently for 7 to 8 minutes until chicken is almost cooked through. Add ginger and cook an additional minute. Add hoisin mixture and toss to coat.
3. Turn heat off and mix in green onions, matchstick carrots and bell pepper.
4. Evenly divide warm chicken mixture into lettuce cups. Sprinkle with cilantro and peanuts and serve immediately. This mixture can be made in advance, refrigerated and served cold if preferred.

TIP

The chicken mixture can be prepared a day in advance and refrigerated. Simply fill lettuce cups before serving and top with cilantro and peanuts.

Ingredients

½ cup (125 mL) quinoa

1 cup (250 mL) water

2 tsp (10 mL) oil

½ lb. (227 g) tri-tip, sirloin or striploin steak, thinly sliced against the grain

1 cup (250 mL) sliced cremini or shiitake mushrooms

5 tsp (25 mL) reduced-sodium soy sauce

2 cloves garlic, minced

1 Tbsp (15 mL) minced fresh ginger

1 Tbsp (15 mL) rice vinegar

1 Tbsp (15 mL) honey

1 tsp (5 mL) hot sauce (such as Gochujang or Sriracha), optional

2 tsp (10 mL) sesame oil

1 cup (250 mL) thinly sliced carrots

1 cup (250 mL) thinly sliced zucchini

2 Tbsp (30 mL) sliced green onions

Toasted sesame seeds

2 Tbsp (30 mL) kimchi, optional

NUTRITION FACTS

Calories	460
Fat	16 g
Saturated Fat	2.5 g
+ Trans Fat	0.1 g
Carbohydrate	49 g
Fibre	6 g
Sugars	14 g
Protein	33 g
Cholesterol	55 mg
Sodium	590 mg

THINKBEEF

Brought to you by Canada Beef

Korean Beef Bowl for Two

 **COOK TIME: 15 MINUTES**  **NET CARBS: 43 G**
 **SERVES: 2**  **SERVING SIZE: ½ RECIPE (390 G)**



Instructions

1. Bring quinoa and water to a boil in a small saucepan over medium-high heat. Once boiling, cover and reduce heat to low and cook for about 12 minutes.
2. Heat oil in a non-stick skillet over medium-high heat. Add beef, searing quickly about 1 minute per side; remove from pan.
3. Lower heat to medium; add mushrooms to the skillet and cook for 5 to 7 minutes.
4. Meanwhile, mix soy sauce, garlic, ginger, vinegar, honey and hot sauce. Pour over cooked mushrooms. Return beef to skillet, along with any juices and bring mixture to a low simmer. Simmer for about 2 minutes before turning off heat and setting pan aside.
5. Heat sesame oil in a separate non-stick skillet over medium heat. Add carrots and zucchini and cook and stir for 2 to 3 minutes to soften slightly.
6. Serve beef and veggies over hot cooked quinoa. Top with green onions and sesame seeds, and kimchi (if using).



TIP

For a budget-friendly alternative, you can use extra-lean ground beef instead of steak. Simply cook the ground beef with mushrooms for 8 to 10 minutes, draining any fat before continuing to follow the remainder of the recipe as written.

Baja Fish Taco Bowl for Two

Ingredients

½ cup (80 mL) pearl barley

6 oz. (180 g) skinless white fish fillet (such as cod or tilapia)

3 Tbsp (45 mL) lime juice, divided (about 2 limes)

4 tsp (20 mL) canola oil, divided

½ cup (125 mL) finely chopped red onion, divided

¼ cup (60 mL) diced fresh mango

¼ cup (60 mL) chopped fresh cilantro

1 tsp (5 mL) finely chopped jalapeno (optional or add more if you like heat)

⅛ tsp (0.5 mL) each salt & pepper

1 small ripe avocado, diced

1 cup (250 mL) reduced sodium canned black beans, drained, rinsed

½ cup (125 mL) halved cherry tomatoes

1 cup (250 mL) shredded purple cabbage

1 cup (250 mL) torn romaine lettuce

NUTRITION FACTS

Calories	520
Fat	22 g
Saturated Fat	2.5 g
+ Trans Fat	0 g
Carbohydrate	63 g
Fibre	18 g
Sugars	9 g
Protein	27 g
Cholesterol	35 mg
Sodium	390 mg



COOK TIME: **10 MINUTES**



NET CARBS: **45 G**



SERVES: **2**



SERVING SIZE: **½ RECIPE (530 G)**



Instructions

1. Cook barley according to package directions; typically, 1 part barley (½ cup/80 mL) to 3 parts water (1 cup/250 mL). Cook for about 25-30 minutes; fluff with a fork and set aside.
2. Marinate fish in 1 Tbsp (15 mL) lime juice, 1 tsp (5 mL) oil and ¼ cup (60 mL) red onion for 30 minutes at room temperature.
3. Meanwhile, mix remaining lime juice, 2 tsp (10 mL) oil, red onion, mango, cilantro, jalapeno, salt and pepper. Gently fold in avocado; set aside.
4. Heat the remaining 1 tsp (5 mL) oil in a non-stick skillet over medium-low heat. Add fish and marinade, cook 3 minutes per side or until fish is opaque and flakes easily with a fork.
5. Portion beans, tomatoes, cabbage and lettuce into two bowls. Add barley and fish and top with mango, avocado mixture.



TIP

To change things up, try fish tacos. Simply replace the barley with 2 x 8-inch whole wheat flour tortillas. Fill the tortillas with the fish, mango salsa mixture and some of the remaining ingredients. Serve the rest of the fresh ingredients on the side as a salad.

One Pan Chicken, Spinach & Orzo for Two

Ingredients

- 4 tsp** (20 mL) olive oil, divided
- 2 tsp** (10 mL) tomato paste
- 1 tsp** (5 mL) smoked paprika
- 2** cloves garlic, finely chopped
- ⅓ tsp** (0.5 mL) salt
- 2 tsp** (10 mL) lemon juice
- 200 g** boneless skinless chicken breast (about 1 large chicken breast)
- 2 tsp** (10 mL) fresh thyme leaves, or 1 tsp (5 mL) dried thyme leaves
- ½ cup** (125 mL) orzo pasta
- 1⅓ cups** (330 mL) no-salt-added chicken broth
- ¾ cup** (175 mL) no-salt-added canned chickpeas, drained, rinsed
- 2 cups** (500 mL) baby spinach
- 2 Tbsp** (30 mL) quartered pitted green olives
- 2 Tbsp** (30 mL) crumbled feta cheese
- ¼ cup** (60 mL) chopped fresh basil or parsley or both (optional)

NUTRITION FACTS

Calories	440
Fat	15 g
Saturated Fat	3.5 g
+ Trans Fat	0.1 g
Carbohydrate	46 g
Fibre	6 g
Sugars	4 g
Protein	32 g
Cholesterol	60 mg
Sodium	445 mg

 **COOK TIME: 27 MINUTES**  **NET CARBS: 40 G**
 **SERVES: 2**  **SERVING SIZE: ½ RECIPE (415 G)**



Instructions

1. Mix 2 tsp (10 mL) olive oil, tomato paste, smoked paprika, garlic, salt and lemon juice in a medium-sized bowl. Cut chicken into bite-sized pieces and add to the bowl, tossing to coat with the tomato mixture.
2. Heat the remaining oil in a medium skillet or saucepan over medium heat. Add chicken and cook for 3-4 minutes per side. Remove from pan and set aside.
3. Add orzo and thyme to the same skillet and cook until lightly toasted, about 1-2 minutes. Add the broth, chickpeas, spinach and olives and bring to a simmer.
4. Return chicken and juices to the pan, reduce heat to low, cover and cook 13-15 minutes, stirring occasionally, until most liquid has been absorbed. Remove from heat and let stand 2 to 3 minutes.
5. Top with feta and fresh herbs before serving.

TIP

Orzo is pasta but looks like rice. If you can't find it in the pasta section of your grocery store, most bulk stores carry it, and you might even find whole-wheat orzo at bulk or health-focused stores.

Ingredients

½ cup (125 mL) brown rice (or use 1 cup cooked and cooled if you have leftovers)

1 cup (250 mL) water

3 Tbsp (45 mL) rice vinegar, divided

1 tsp (5 mL) sugar

1 tsp (5 mL) + **1 Tbsp** (15 mL) reduced-sodium soy sauce, divided

1 Tbsp (15 mL) reduced-fat mayonnaise

½ tsp (2.5 mL) grated fresh ginger

1 Tbsp (15 mL) canola oil

1 tsp (5 mL) sesame oil

1 cup (250 mL) sliced cucumber

½ cup (125 mL) sliced carrot

1½ cups (375 mL) shelled, cooked and cooled edamame

1½ cups (375 mL) leafy greens (like spinach, arugula or romaine lettuce)

¼ cup (60 mL) sliced radish

¼ cup (60 mL) sliced green onion

½ ripe avocado, sliced

1 Tbsp (15 mL) toasted sesame seeds

NUTRITION FACTS

Calories	510
Fat	28 g
Saturated Fat	3.5 g
+ Trans Fat	0 g
Carbohydrate	53 g
Fibre	14 g
Sugars	9 g
Protein	19 g
Cholesterol	0 mg
Sodium	570 mg

Sushi Salad Bowl with Creamy Sesame Dressing for Two



COOK TIME: **20 MINUTES**



NET CARBS: **39 G**



SERVES: **2**



SERVING SIZE: **½ RECIPE (450 G)**



Instructions

1. Bring water and rice to a boil on medium-high heat until it comes to a boil. Reduce to low, cover and cook for about 30 minutes. Meanwhile, mix 1 Tbsp (15 mL) rice vinegar, with sugar and 1 tsp (5 mL) soy sauce. Mix into cooked rice, tossing lightly with a fork. Set aside to cool.
2. Mix 2 Tbsp (30 mL) rice vinegar, 1 Tbsp (15 mL) soy sauce, mayonnaise, ginger, canola oil and sesame oil until well blended. Set aside.
3. Divide cooled rice along with cucumber, carrot, edamame, greens, radish, onions and avocado between two bowls. Drizzle evenly with dressing and top with sesame seeds.



TIP

Cooking and cooling rice before eating helps to increase resistant starch which has a lower blood sugar response when consumed as compared to hot cooked rice.

Ingredients

- 1½ Tbsp** (22.5 mL) oil, divided
- 2 Tbsp** (30 mL) all-purpose flour
- ⅓ tsp** (0.5 mL) each salt and pepper
- 1 lb.** (454 g) boneless, skinless chicken thighs, cut into 2-inch (5 cm) pieces
- 1 cup** (250 mL) diced onion
- 1 cup** (250 mL) diced celery
- 1 cup** (250 mL) diced carrots
- 2** cloves garlic, chopped
- 2 cups** (500 mL) cubed sweet potatoes (about 2 small or 1 large)
- 2 cups** (500 mL) reduced sodium chicken broth
- 3 cups** (750 mL) water
- 2** bay leaves
- 1 can** (540 mL) reduced sodium chickpeas, drained and rinsed
- 2 cups** (500 mL) chopped kale
- Juice and zest of ½ a lemon
- ¼ cup** (60 mL) fresh dill
- ¼ cup** (60 mL) crumbled feta cheese

NUTRITION FACTS

Calories	350
Fat	12 g
Saturated Fat	2.5 g
+ Trans Fat	0 g
Carbohydrate	38 g
Fibre	8 g
Sugars	9 g
Protein	27 g
Cholesterol	75 mg
Sodium	590 mg

Greek Chicken, Kale & Sweet Potato Stew

 **COOK TIME: 55 MINUTES**  **NET CARBS: 30 G**
 **SERVES: 4**  **SERVING SIZE: 3 CUPS (750 ML)**



Instructions

1. Heat 1 Tbsp (15 mL) oil in a Dutch oven or large saucepan over medium-high heat. Mix flour, salt, pepper and chicken and add to pan. Brown chicken on all sides, about 1-2 minutes per side, and transfer to a plate.
2. Add the remaining ½ Tbsp (7.5 mL) oil to the pan and reduce heat to medium. Add onion, celery, carrots and garlic. Cook, stirring occasionally, for 5 minutes or until softened.
3. Add sweet potatoes, broth, water and bay leaves; bring to a boil. Return chicken and any juices to pan; cover and simmer for 20 minutes.
4. Add chickpeas, kale, lemon juice and dill; simmer, covered for another 5 to 10 minutes until kale is wilted. Remove bay leaves before serving.
5. Divide evenly into 4 bowls and top with 1 Tbsp (15 mL) crumbled feta cheese each.



TIP

Sweet potatoes and regular potatoes contain the same amount of carbohydrate, with the sweet potatoes having slightly higher fibre and more vitamin A. Sweet potatoes do offer a lower glycemic index than that of regular potatoes.

Ingredients

1 Tbsp (15 mL) oil

¾ lb. (340 g) boneless round steak or fast fry steak, cut into ½-inch (1 cm) cubes

½ cup (125 mL) each chopped onion, celery and carrot

3 cloves garlic, minced

2 cups (500 mL) finely chopped mushrooms

1 cup (250 mL) chopped green cabbage

1 cup (250 mL) peeled, chopped parsnip

1 tsp (5 mL) black pepper

2 Tbsp (30 mL) fresh thyme leaves or 1 tsp dried thyme

2 bay leaves

½ cup (125 mL) small green lentils

½ cup (125 mL) pearl barley

3 cups (750 mL) reduced-sodium beef broth

5 cups (1.25 L) water

NUTRITION FACTS

Calories	350
Fat	7 g
Saturated Fat	1.5 g
+ Trans Fat	0.1 g
Carbohydrate	47 g
Fibre	11 g
Sugars	6 g
Protein	30 g
Cholesterol	45 mg
Sodium	520 mg

THINKBEEF

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Hearty Beef, Barley & Mushroom Soup

 **COOK TIME: 55 MINUTES**  **NET CARBS: 36 G**
 **SERVES: 4**  **SERVING SIZE: 2½ CUPS (625 ML)**



Instructions

1. Heat oil in a large Dutch oven or saucepan over medium-high. Cook steak for 4-5 minutes until browned on all sides. Put steak on a plate and set aside, returning saucepan to stove.
2. Add onion, garlic, celery, carrots and mushrooms into the same pan. Cook for 5 to 7 minutes until softened. Reduce heat to medium, add cabbage, parsnip, pepper and thyme; cook and stir occasionally for another 5 minutes.
3. Add bay leaves, lentils, barley, broth and water to saucepan. Bring to a boil and return beef to pan. Reduce heat to medium-low; cook, covered for 40 to 45 minutes.
4. Ladle into bowls to serve. Note: if soup thickens as it sits or upon storing in the refrigerator, simply add a little more water to thin it out.

TIP

Barley is a lower-glycemic index grain thanks to its high fibre content. Lower-GI foods release glucose more slowly into the blood and so slow down the absorption of sugar post-meals.

Ingredients

3 cloves garlic, pressed or minced

1 carton (900 mL) no-salt-added vegetable broth + **1 cup** (250 mL) water

1 pkg (227 g) cremini mushrooms, sliced (about 2 cups)

1 cup (250 mL) sliced carrots

2 Tbsp (30 mL) hoisin sauce

2 Tbsp (30 mL) grated fresh ginger

1 Tbsp (15 mL) reduced sodium soy sauce

1 Tbsp (15 mL) rice vinegar

100 g Asian noodles, such as buckwheat soba or udon

1 sweet red pepper, cut into bite-size pieces

2 cups (500 mL) sugar snap peas, trimmed

2 tsp (10 mL) sesame oil

1½ cups (375 mL) cubed firm tofu or tempeh

8 soft boiled eggs, peeled and halved

2 green onions, thinly sliced

NUTRITION FACTS

Calories	400
Fat	15 g
Saturated Fat	4 g
+ Trans Fat	0 g
Carbohydrate	43 g
Fibre	5 g
Sugars	16 g
Protein	25 g
Cholesterol	375 mg
Sodium	500 mg



Veggie-Packed Soba Noodle Soup

COOK TIME: 15 MINUTES **NET CARBS: 38 G**
 SERVES: 4 **SERVING SIZE: 3 CUPS (750 ML)**



Instructions

1. In a large pot, combine garlic, broth, water, mushrooms, carrots, hoisin sauce, ginger, soy sauce and rice vinegar. Cover and bring to a boil over high heat. Reduce heat to low and simmer for 5 minutes.
2. Increase heat to high and return to a boil. Add noodles, red pepper and sugar snap peas; cook uncovered for 3 minutes or until tender-crisp. Remove pot from heat; stir in sesame oil and tofu.
3. Divide soup evenly into 4 bowls. Top with soft boiled eggs and green onions.
4. For Soft Boiled Eggs: Put eggs in a saucepan. Add cold water to cover eggs by 1 inch (2.5 cm). Cover and bring to a boil over high heat. Immediately remove from heat. Let stand for 4 minutes. Rinse under cold water.

TIP

Soba noodles are made from buckwheat, which tends to have a lower GI than other carbohydrate-rich noodles. They are usually found in Asian grocery stores or in that section of major grocery chain stores. If you can't find them, you could substitute whole-wheat spaghetti or thin rice noodles instead.

Chocolate Coffee Tiramisu

Ingredients

1 cup (250 mL) 4% MF cottage cheese
¼ cup (60 mL) light spreadable cream cheese
¼ cup (60 mL) granulated sugar
2 Tbsp (30 mL) cocoa powder
1 cup (250 mL) 0% MF plain Greek yogurt
2 Tbsp (30 mL) coffee-flavoured liqueur or 2 Tbsp additional brewed coffee
½ cup (125 mL) strong, brewed coffee
8 lady finger cookies
Cocoa powder for dusting

NUTRITION FACTS

Calories	130
Fat	3 g
Saturated Fat	1.5 g
+ Trans Fat	0 g
Carbohydrate	18 g
Fibre	1 g
Sugars	14 g
Protein	8 g
Cholesterol	20 mg
Sodium	180 mg

 COOK TIME: **N/A**  NET CARBS: **17 G**
 SERVES: **8**  SERVING SIZE: **½ CUP (125 ML)**



Instructions

1. Combine cottage cheese, cream cheese, sugar and cocoa powder in a food processor or blender. Process until smooth.
2. Mix yogurt and liqueur and stir into cheese mixture until combined.
3. Assemble 8 small bowls, jars or juice glasses (½ cup or 4 oz. to ¾ cup or 6 oz. in size). Break one lady finger into the bottom of each dish. Sprinkle with 1 Tbsp (15 mL) of brewed coffee.
4. Top each with ¼ cup (60 mL) of the cheese yogurt mixture.
5. Cover and chill for at least 3 hours or overnight. Dust lightly with cocoa powder before serving.

TIP

Cottage cheese and Greek yogurt are good sources of protein. Including them in desserts helps to manage the blood sugar response.

Cranberry Oat Streusel Bars

Ingredients

CRUST & TOPPING:

- 1 cup** (250 mL) all-purpose flour
- 1 tsp** (5 mL) baking soda
- ¼ tsp** (1 mL) salt
- 1 cup** (250 mL) large flake oats (old-fashioned oats)
- ¾ cup** (175 mL) unsalted butter, at room temperature
- ½ cup** (125 mL) brown sugar

FILLING:

- 2 cups** (500 mL) fresh or frozen cranberries
- ½ cup** (125 mL) water
- 2 Tbsp** (30 mL) brown sugar
- Juice of ½ a lemon

NUTRITION FACTS

Calories	200
Fat	12 g
Saturated Fat	7 g
+ Trans Fat	0.5 g
Carbohydrate	23 g
Fibre	2 g
Sugars	8 g
Protein	2 g
Cholesterol	30 mg
Sodium	160 mg

 COOK TIME: **30 MINUTES**  NET CARBS: **21 G**
 SERVES: **12**  SERVING SIZE: **1 SQUARE (75 G)**



Instructions

1. Preheat oven to 350°F (180°C). Spray an 8x8 inch (20x20 cm) baking pan with cooking spray or line with parchment paper, allowing 2-inch (5 cm) overhang on 2 sides of pan.
2. Combine flour, baking soda and salt in a large bowl. Stir in oats.
3. Cream butter and sugar in a large bowl. Add oats and flour mixture and mix until a crumb-like consistency (you may need to work together with your hands). Press two-thirds of the mixture into the prepared pan; set aside.
4. Cook cranberries, water, sugar and lemon juice in a small saucepan over medium heat, stirring frequently, and pressing with the back of a spoon until a thick paste forms (about 10-12 minutes).
5. Spread cranberry mixture evenly over prepared crust. Crumble the remaining dry mixture over top, pressing down gently to form the streusel topping.
6. Bake for 30 minutes. Let cool completely before slicing into 12 squares. Store in an airtight container for up to 5 days in the refrigerator or freeze.



TIP

Oats are a great addition to desserts! Their high (soluble) fibre content helps to slow the release of carbohydrate into the blood.

Strawberry Pavlova

Ingredients

4 eggs, separated (reserve yolks for another use)

¼ tsp (1 mL) cream of tartar

¾ cup (175 mL) sugar

1 tsp (5 mL) white vinegar

1½ cups (375 mL) whipping cream

1 tsp (5 mL) vanilla extract

4 cups (1 L) quartered strawberries

NUTRITION FACTS

Calories	225
Fat	13 g
Saturated Fat	8 g
+ Trans Fat	0.2 g
Carbohydrate	23 g
Fibre	1 g
Sugars	19 g
Protein	3 g
Cholesterol	45 mg
Sodium	35 mg

TIP

Any fruit can be used in place of strawberries. Try rhubarb compote in the spring; mixed berries in the summer; kiwifruit and pomegranate seeds for the holidays; and orange and grapefruit segments in the winter.



 COOK TIME: **75 MINUTES**  NET CARBS: **23 G**
 SERVES: **10**  SERVING SIZE: **1/10TH RECIPE (100 G)**



Instructions

1. Preheat oven to 250° F (120° C).
2. Line baking sheet with parchment paper. Draw a 9-inch (23 cm) circle on paper. Turn over; circle should be visible from other side.
3. Beat egg whites and cream of tartar in large bowl with electric mixer at high speed until soft peaks form. Gradually beat in sugar, 2 Tbsp (30 mL) at a time, until sugar is dissolved and stiff, glossy peaks form. Beat in vinegar until combined. Spoon onto prepared baking sheet, shaping it into a circle and making sides higher than centre.
4. Bake in preheated oven until dry and crisp on the outside and firm to the touch, about 1-1¼ hours. Turn oven off; let meringue cool inside with oven door slightly ajar. [Note: If meringue appears to be browning, reduce oven temperature to 200°F (100°C) and cover with an additional sheet of parchment paper and continue cooking.]
5. Shortly before serving, whip cream until stiff; fold in vanilla. Peel parchment off meringue and place on serving tray. Spread whipped cream mixture over cooled meringue. Sprinkle strawberries over top. Cut into wedges to serve.

NOTE: Once topped, pavlova will not keep and should be enjoyed within a few hours of preparing.

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